



Government of **Western Australia**  
Department of **Health**

**WOMEN AND NEWBORN HEALTH SERVICE**

**SIZE 1 SMALL      ELIZA**  
**TO FIT CHEST 30 CM OR 12 INCH**  
**ACTUAL MEASUREMENT 35 CM OR 14 INCH**  
**SLEEVE LENGTH 13 CM OR 5¼ INCH**  
**NEEDLE SIZES 2¾ and 3¼.**

**BACK**

Using needles 2¾ cast on 51 st.

1<sup>st</sup> Row (right side) K1 \* K1, PL. \* rep from \* to \* to last st K1.

2<sup>nd</sup> Row \* K1, PL \* rep from \* to \* to end

Rep. these 2 rows 4 times more.

Change to 3¼ mm needles and work in st st (1 row K, 1 row P,) starting with a K row until back measures 10cm from the beginning, ending with a P row.

Cast of f 2 st at beg. of next 2 rows.

Break off wool and put st on a holder.

**KNIT 12 ROWS BETWEEN BOTTONHOLE (4 buttonholes)**

**LEFT FRONT**

Using 2¾ mm needles cast on 31 st. and work 4 rows in rib as given for back

**BOYS ONLY**

Buttonhole row, Rib to last 4 st. yfwd, K2tog. rib 2. Cont in rib as given for back.

Next row change to needles 3¼ and work 9 st in rib. K. to end.

Keep front band going and work the front as given for the back Last row P.

Next row cast of 2 st k. to end p. 1 row. Break of wool put st on holder

**RIGHT FRONT**

Using 2¾ mm needles cast on 31 st and work 4 rows in rib as given for back.

**GIRLS ONLY**

Buttonhole row Rib 3 yfwd K2tog. Rib to end. Cont in rib as given for back.

Next row k. to last 9 st. rib to end. Cont 9 st for front band and work until front measures same as back.

Next row cast of 2 st at armhole Break of wool and put st on holder.

**SLEEVES (both alike).**

Using 2¾ mm needles, cast on 29 st and work 4 rows in rib as given for back.

Change to 3¼ mm needles and work in st st starting with a K row, inc 1 st at each end of 5<sup>th</sup> and every foll 4<sup>th</sup> row to 43 st.

Cont without shaping until sleeve measures 13 cm from beg. ending with a P row.

Next row. Cast of 2 st, at beg of next 2 rows.

Break of wool and put sts on holder.

**SHAPE TOP.**

Keep band at all times

With right side facing put all sts on one needle beg with right front, sleeve, back, sleeve, left front

Next row rib 9 sts. K. to last 9 sts rib 9.

Next row rib 9 sts. P to last 9 rib 9.

Row 1.



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Rib 9 K 17 K2tog. K2 s1, K1 pssso. K 33 K2tog. K2, s1, K1 pssso. K 41 K2tog. K2, s1, K1 pssso. K33 K2tog K2. s1, K1 pssso. K 17 rib 9.

Purl every alt row.

Row 3

K 20 s1, K1 pssso. K31 K2tog K 47 s1, K1 pssso. K 31 K2tog. K 20

Row 5

K 16 K2tog K2, s1, K1 pssso. K29 K2tog. K2, s1, K1 pssso K 39 K2tog K2, s1, K1 pssso. K29 K2tog. K2, s1, k1 pssso K16.

Row 7

K 19 s1, k1 pssso. K 27 K2tog. K45 s1, k1 pssso K 21 K2tog K 19.

Row 9

K15 K2tog K2, s1, K1 pssso K25 K2tog K2, s1, K1 pssso K37 K2tog K2, s1, K1 pssso K25 K2tog K2, s1, K1 pssso K15.

Row 11

Start for V neck Rib 9 s1, K1 pssso K16 s1, K1 pssso K23 K2tog K43 s1, K1 pssso K23 K2tog K16 K2tog Rib 9.

Row 13

K13 K2tog K2, s1, k1 pssso K21 K2tog K2, s1, k1 pssso K35 K2tog K2, s1, k1 pssso K 21 K2tog K2 s1, k1 pssso K13.

Row 15

S1, K1 pssso K14 s1, k1 pssso K19 K2tog K2 s1, K1 pssso K33 K2tog K2 s1, K1 pssso K19 K2tog K14 K2tog.

Row 17

K11 K2tog K2 s1, K1 pssso K17 K2 tog K2 s1, k1 pssso K31 K 2tog K2, s1, K1 pssso K17 K2tog K2 s1, k1 pssso K11.

Row 19

K10 K 2tog K2 s1, K1 pssso K 15 K 2tog. K2, s1, K1 pssso K29 K 2tog K2 s1, K1 pssso K15 K 2tog K2 s1, K1 pssso K10.

Row 21

S1, K1 pssso K 7 K 2tog K2 s1, K1 pssso K13 K 2tog K2 s1, K1 pssso K27 K 2tog K2 s1 K1 pssso K13 K 2tog K2 s1, k1 pssso K 7 K 2tog.

Row 23

S1, k1 pssso K5 K 2tog K2 s1, k1 pssso K11 K 2tog K2 s1, K1 pssso K25 K 2tog K2 s1, K1 pssso K11 K 2tog K2 s1, K1 pssso K5 K 2tog.

Row 25

S1, K1 pssso K1 K2tog K2 s1, K1 pssso K7 K 2tog K2 s1, K1 pssso K21 K 2tog K 2 s1, k1 pssso K7 K 2tog K2 s1, K1 pssso K1 K 2tog.

Row 27

S1 K 2tog. Pssso K2 s1, k1 pssso K5 K 2tog K2 s1, K1. pssso K19 K 2tog K 2 s1, K1 pssso K5 K 2tog K2 s1, K 2tog pssso.

Row 29

Rib 9 sts Cast off all sts Rib last 9 sts

Rib 24 rows on each side.



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WOMEN AND NEWBORN HEALTH SERVICE

**Special Care Nursery  
V Neck cardigans only**



**Materials**

Patons Big Baby 4ply, 100 gram balls  
Small and medium sizes should get 2 garments out of 1 ball  
Needles 2.75mm and 3.25mm  
For all sizes buttons  
4 - 15 mm or 1 ½ cm (small & medium)

**Eliza**

Please choose which of the four patterns you would like to make

**Please note**

We would like you to try the special cast on method noted at the bottom of the last page as this would make it easier for nurses to keep tiny fingers from getting entangled. It should also be noted that all seams be kept as flat as possible. We suggest that they be sewn using the mattress stitch.

The patterns have been designed especially for King Edward Memorial Hospital Special Care Nursery and need to be plain e.g. no patterns with lacey holes, although cables, moss stitch or stripes will be accepted.

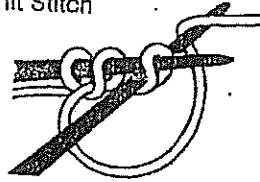


### CASTING ON IN RIB

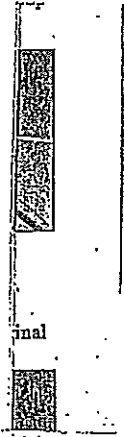
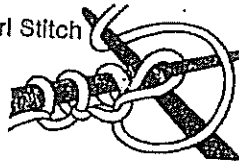
This method uses a pair of needles, and is suitable only for K1, P1 rib.

Make a slip loop and place on left-hand needle. Insert right-hand needle in loop purl-ways, purl a stitch and slip onto left-hand needle (taking care not to twist the st). \*\*Insert right-hand needle knitways between last 2 sts and knit a stitch, slip the stitch onto left-hand needle, insert right-hand needle purl-ways between last 2 sts and purl a stitch, slip the stitch made onto left-hand needle. Repeat from \*\* for required number of stitches.

Knit Stitch



Purl Stitch



### mattress stitch

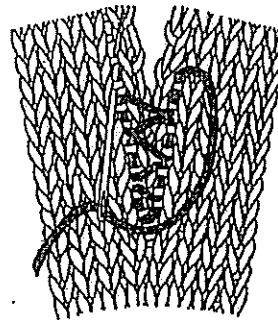
This seam will give your handknit a professional finish. Even if you have always used backstitch or oversewn seams, try this method and you will be surprised how easy it is and how much better the seams look and feel.

Mattress stitch should be worked one whole stitch in from the edge. It can even be worked on shaped edges - as you are working from the right side, it is easy to see where you are and to keep the seam neat and straight.

When starting, leave a long end which can be secured by running it back along the edge when the seam is completed. If the seam needs to be undone, simply pull this end, drawing the yarn through the stitches.

1. With right side facing you, lay the two pieces to be joined flat and edge to edge. Thread a knitter's needle and insert the needle between the edge stitch and the second stitch on the first row. Pass the needle under two rows, then bring it back through to the front.
2. Return to the opposite side and, working under two rows at the same time throughout, repeat this zigzag action always taking the needle under the strands that correspond exactly to the other side, and going into the hole that the last stitch on that side came out of, taking care not to miss any rows.

The mattress stitch stitching should be elastic without being loose - while working keep yarn held firm, not pulling sts too tightly.



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